

Epilepsy Foundation of Kentuckiana Invites Community to 'Spark Hope' Throughout National Epilepsy Awareness Month

November Events Across Kentucky Highlight Support, Education, Advocacy and Celebration for the 1 in 26 People Who Will Live with Epilepsy

LOUISVILLE, KY, UNITED STATES, October 23, 2026 /EINPresswire.com/ -- This November, the [Epilepsy Foundation of Kentuckiana](#) (EF Kentuckiana) is proud to celebrate National Epilepsy Awareness Month (NEAM) with a full calendar of events, educational opportunities, advocacy initiatives, and community engagement activities centered around this year's theme, "Where Community Sparks Hope."

November				National Epilepsy Awareness Month Activities		 2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 26 Miles for Epilepsy Awareness Begins Night Under the Purple Lights at 6 PM	2	3 Tell Us Your Spark Tuesday	4	5 Seizure First Aid Training at 11 AM	6 Epilepsy Fact Friday Expressions of Hope Gala at 6:30 PM	7	
8	9	10 Tell Us Your Spark Tuesday	11	12	13 Epilepsy Fact Friday	14 Epilepsy Empowerment Statewide Conference at 10 AM	
15	16	17 Tell Us Your Spark Tuesday	18	19 Lexington Proclamation Signing Seizure First Aid Training at 4 PM	20 Epilepsy Fact Friday	21	
22	23 Kentucky Veterans of the Year Dinner at 6 PM	24 Tell Us Your Spark Tuesday	25	26	27 Epilepsy Fact Friday	28	
29	30						

NEAM 2026 Calendar of Events

Throughout the month, EF Kentuckiana will bring together individuals living with epilepsy, families, caregivers, healthcare professionals, advocates, and supporters from across Kentucky to raise awareness, promote understanding, and ensure that no one impacted by epilepsy feels alone.

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This November, we invite communities across Kentucky to join us as we celebrate, educate, advocate, and inspire. Together, we can spark hope for every person and family navigating life with epilepsy.”

Beth Stivers, Executive Director of the Epilepsy Foundation of Kentuckiana.

More than a medical condition, epilepsy affects every aspect of life for the nearly 1 in 26 people who will develop epilepsy in their lifetime. National Epilepsy Awareness Month serves as an opportunity to increase public understanding, reduce stigma, and connect people to critical resources and support.

"Hope begins when people feel seen, supported, and connected," said Beth Stivers, Executive Director of the Epilepsy Foundation of Kentuckiana. "This November, we

invite communities across Kentucky to join us as we celebrate, educate, advocate, and inspire. Together, we can spark hope for every person and family navigating life with epilepsy."

National Epilepsy Awareness Month Events

EF Kentuckiana's month-long celebration includes opportunities for every Kentuckian to learn, engage, and make a difference:

November 1-Night Under the Purple Lights-Big Four Bridge

The month kicks off with EF Kentuckiana's signature awareness event at the Big Four Bridge in Louisville as it will be lit in purple. We are also encouraging landmarks, businesses, homes, and communities to shine purple in recognition of National Epilepsy Awareness Month and in support of those living with epilepsy. We will walk the Big Four Bridge in under the purple lights at 6 PM.

November 1-26 Miles for Epilepsy Awareness Challenge-Anywhere you choose

Whether you stroll, roll, run, walk, hike, bike, swim, or wheel, your miles count! The goal is simple: complete 26 miles during the month of November while raising funds to support the mission of the Epilepsy Foundation of Kentuckiana.

November 6-[Expressions of Hope Gala](#)-Angel's Envy Bourbon Club

One of the Foundation's premier fundraising events, the Expressions of Hope Gala brings together supporters, partners, community leaders, and families for an inspiring evening of celebration, storytelling, and impact.

November 14-Epilepsy Empowerment Statewide Conference-Hilton Garden Inn Airport

This educational conference connects individuals living with epilepsy, caregivers, medical professionals, educators, and advocates through expert-led sessions focused on treatment, wellness, resources, self-advocacy, and community support.

November 19-Lexington National Epilepsy Awareness Month Proclamation Signing-Government Center Lobby

Community members and advocates will join Mayor Linda Gorton in Lexington as an official proclamation recognizes November as National Epilepsy Awareness Month and reinforces the importance of epilepsy awareness throughout the Commonwealth.

November 23-Kentucky Veterans of the Year Dinner-The Jeffersonian

EF Kentuckiana will celebrate and recognize two outstanding Kentucky veterans while highlighting the connection between service, resilience, and community support.

Additional Awareness Activities Throughout November

In addition to these featured events, EF Kentuckiana will offer:

Two free virtual Seizure First Aid Certification and Training classes

Special National Epilepsy Awareness Month social media campaigns and community engagement activities

New episodes of EF Kentuckiana's podcast, *Between 2 Sparks*, featuring conversations that educate, inspire, and connect listeners to the epilepsy community

Advocacy and awareness opportunities designed to elevate the voices of those affected by epilepsy

Where Community Sparks Hope

At the heart of this year's National Epilepsy Awareness Month theme is the belief that community changes lives. Whether through education, support services, advocacy, fundraising, or simply showing up for one another, every action has the power to spark hope.

EF Kentuckiana encourages individuals, families, organizations, and community leaders across Kentucky to get involved, share their stories, participate in events, and help spread awareness throughout November.

For event details, registration information, and ways to support National Epilepsy Awareness Month, visit www.efky.org or follow the Epilepsy Foundation of Kentuckiana on social media.

About the Epilepsy Foundation of Kentuckiana

The Epilepsy Foundation of Kentuckiana serves individuals and families affected by epilepsy throughout Kentucky and Southern Indiana through education, advocacy, support services, seizure first aid training, and community programs. The Foundation is dedicated to improving lives and ensuring that every person impacted by epilepsy has access to the resources, opportunities, and support they need to thrive.

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